

Memory Training : What Are the Benefits?

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Memory techniques are not new. These techniques have been existing for a long time now. It is very difficult to understand human memory as its mechanism is very complicated. However, human memory is one of the most crucial things to understand.

Memory cannot be compared to intelligence. It is actually the power of the mind that works towards processing and deducting and assist it.

One of the oldest memory techniques dates back to the era of ancient Romans. A Roman orator would walk around his garden when preparing for a speech and relate various parts of speech to different parts of the garden via placing these parts of the speech at different locations already opted across the garden. Anything that's associated to imagery is difficult to forget.

According to a recent research, it has been proved that it is possible to train people to become more intelligent and increase the brain power they actually possessed at the time of birth.

It was assumed until late that one cannot think of fluid intelligence that has the ability to solve problems. However, according to a latest research, it has been proved that there is a method that can improve this skill. This is known as memory training.

There are several benefits one can enjoy via the process of memory training.

First and foremost, memory training can enhance problem solving skills of brain. These skills are known as fluid intelligence.

Some US and Swiss researchers teamed up to create a series of computer games in order to train working memory. This memory is quite close to fluid intelligence and bases on the similar brain circuit.

This game was designed to obtain a more difficult level in case the player succeeds to meet the intelligence level of every individual. However, if the player tends to lose, the forthcoming level becomes easier in order to not to disappoint the player.

Another benefit of following memory techniques is that these have great capacity to enhance brain power. In fact, these techniques push the brain to process all that it remembers.

In case, you have learned the name of a person, just imagine how that individual will be important to you in the near future and where would you see him or think about him.

Another important and beneficial memory training would be to tell yourself the reason on why you want to remember a particular thing and the way you will remember it. The process of remembering a particular thing will work towards stimulating the brain in order to hold the name and extra associations in the brain.

Memory techniques can make you solve many problems in a jiffy. All you require to do is to keep exercising with these memory techniques and give your brain power a boost.

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